ROYAL CANADIAN SEA CADETS

PHASE THREE

INSTRUCTIONAL GUIDE

SECTION 6

EO C321.05 – MAKE A TURK'S HEAD

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-603/PG-001, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Make a turk's head to be used as a model for the lesson.

Photocopy the turk's head pattern located at Annex P for each cadet if the alternative method will be taught.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TP 1 to explain the use of the turk's head.

Demonstration and performance was chosen for TP 2 as it allows the instructor to demonstrate making a turk's head while providing an opportunity for the cadets to practice this skill under supervision.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have made a turk's head.

IMPORTANCE

It is important for cadets to know how to make a turk's head as it introduces advanced ropework skills in a fun and challenging way, while providing a practical skill that can be used in rigging lifting devices and in ornamental ropework.

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Teaching point 1 **Explain the Use of a Turk's Head**

Time: 5 min Method: Interactive Lecture

USE OF A TURK'S HEAD

The turk's head is an ornamental knot that is supposed to resemble the turban once worn in Turkey. It may be made either as a standing or a running knot. A standing turk's head is made in the end of a line (as illustrated in Figure 1) and is used as an ornamental stopper knot. A running turk's head is made around a bight of rope, a stanchion or other fitting (as illustrated in Figure 2) using a single length of cord.



B-GN-181-105/FP-E00 (p. 5-40)

Figure 1 Standing Turk's Head



B-GN-181-105/FP-E00 (p. 5-42)

Figure 2 Running Turk's Head

In addition to its ornamental ropework uses, the running turk's head can be used on lifting devices as an alternative to a rope collar. When made taut around a pipe or hose, the turk's head will rival the holding strength of a metal clamp.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. How did the turk's head get its name?

Q2. In what forms can a turk's head be made?

Q3. What can a running turk's head be used for?

ANTICIPATED ANSWERS

A1. It is supposed to resemble the turban once worn in Turkey.

A2. Standing and running.

A3. Ornamental ropework, alternative to a rope collar, pipe or hose clamp.

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Teaching point 2 **Demonstrate and Have the Cadets Make a Turk's Head**

Time: 45 min Method: Demonstration and Performance

STEPS FOR MAKING A TURK'S HEAD



Demonstrate and have the cadets practice the steps for making a turk's head.

To introduce cadets to the use of a knot-weaving cylinder, an alternative method for making a turk's head is located at Annex O. This method introduces the cadets to knot-weaving used for more ornamental ropework.

1. Make a half hitch around a rope or fitting followed by a round turn (as illustrated in Figure 3).

2. Dip the end under the bight of the half hitch (as illustrated in Figure 3).

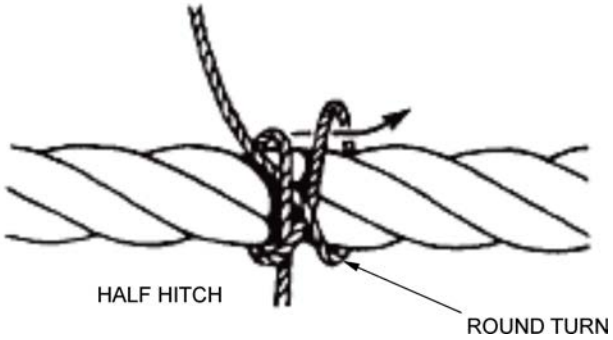

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Figure 3 Steps 1–3

3. Cross the bight – that is on the same side as the lead end – underneath the other bight (as illustrated in Figure 3).

4. Pass the end down between the bights to the other side (as illustrated in Figure 4).

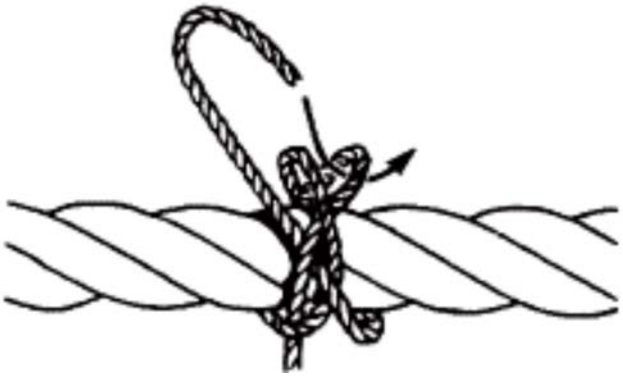

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Figure 4 Step 4

5. Steps 3. and 4. are repeated until the rope is encircled (as illustrated in Figure 5).

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Figure 5 Step 5

6. Follow the ends around as many times as required (as illustrated in Figure 6). Finish the knot by hauling all parts taut and trimming the ends off flush with the knot.



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Figure 6 Step 6

CONFIRMATION OF TEACHING POINT 2

The cadets' making a turk's head will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' making a turk's head will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Making a turk's head introduces advanced ropework skills in a fun and challenging way. A turk's head is commonly used as a substitute for a rope collar and can also be used to decorate circular objects.

INSTRUCTOR NOTES/REMARKS

N/A.

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REFERENCES

A1-004 B-GN-181-105/FP-E00 Chief of the Maritime Staff. (2000). *CFCD 105 Seamanship Rigging and Procedures Manual*. Ottawa, ON: Department of National Defence.

C1-102 Fukuhara, D. (2002). *Fancy Knotting: An Introduction*. Vancouver, BC: David Fukuhara.

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PARTS CARDS – SHEERS

SPLAY TACKLE	SHOE
STROP	HEAD LASHING
MAIN PURCHASE	LEADING BLOCK
SPAR	HEEL TACKLE
TOPPING LIFT	TAG LINE

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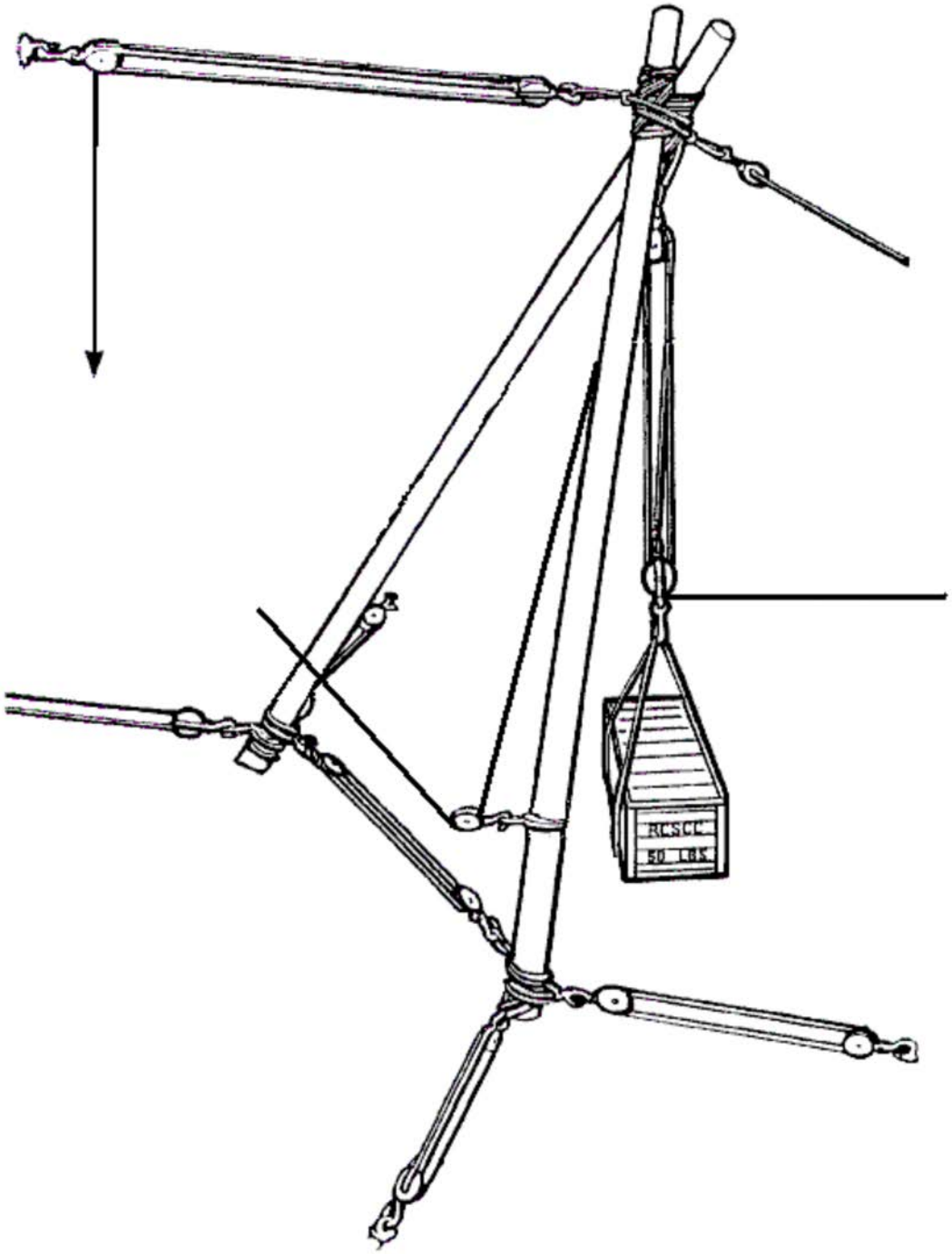
ASSEMBLED SHEERS



Royal Navy, Admiralty Manual of Seamanship 1967 (Vol. 2), Her Majesty's Stationery Office (p. 197)

Figure B-1 Assembled Sheers

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SEQUENCE FOR STATION 3 – OPERATING THE SHEERS



The sheers will be fully rigged and lowered to an angle of 30 degrees from the ground with the tag line attached to the main purchase and extended out of the forward danger zone.

The following sequence will be followed by each group for Station 3:

1. hook on the load (hook must be moused) – five points; and
2. respond to the following commands – five points each:
    a. heave in main purchase;
    b. avast;
    c. secure main purchase;
    d. heave in topping lift;
    e. avast;
    f. choke the topping lift;
    g. check away main purchase;
    h. avast; and
    i. secure main purchase.

SAFETY INFRACTIONS

1. Not wearing a hard hat.
2. Not wearing issued cadet boots.
3. Running.
4. Horseplay.
5. Walking with an open knife.
6. Stepping over tackles under tension.
7. Putting hand through tackles when choking.
8. Putting hands/fingers on a block when the tackle is under tension.

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SHEERS SCORESHEET

Group	Overall Time/Points Conversion	Points for Operating the Sheers (35 point maximum)	Penalties (-)	Total Score
Example	4 min, 20 sec = 420 1 000 - 420 = 580	35	5	610

Notes:

1. The overall time will be converted into points and subtracted from 1000. For example, a time of 4 minutes and 20 seconds will be converted to 1000 minus 420 points, to give a score of 580.
2. When operating the sheers, five points will be given for every command followed properly.
3. Penalties will be issued as follows:
   a. 5 points for every part incorrectly labelled at Station 2,
   b. 25 points if mousing comes off too easily, and
   c. 50 points for every safety infraction (IAW Annex C) while operating the sheers.
4. The total score will be the points for the overall time plus the points for operating the sheers, minus any penalties.

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PARTS CARDS – STANDING DERRICK

TOPPING LIFT	**SHOE**
STROP	**SIDE GUY**
MAIN PURCHASE	**LEADING BLOCK**
SPAR	**THUMB PIECE/ROPE COLLAR**
MARTINGALE/FORE GUY	**HEEL TACKLE**

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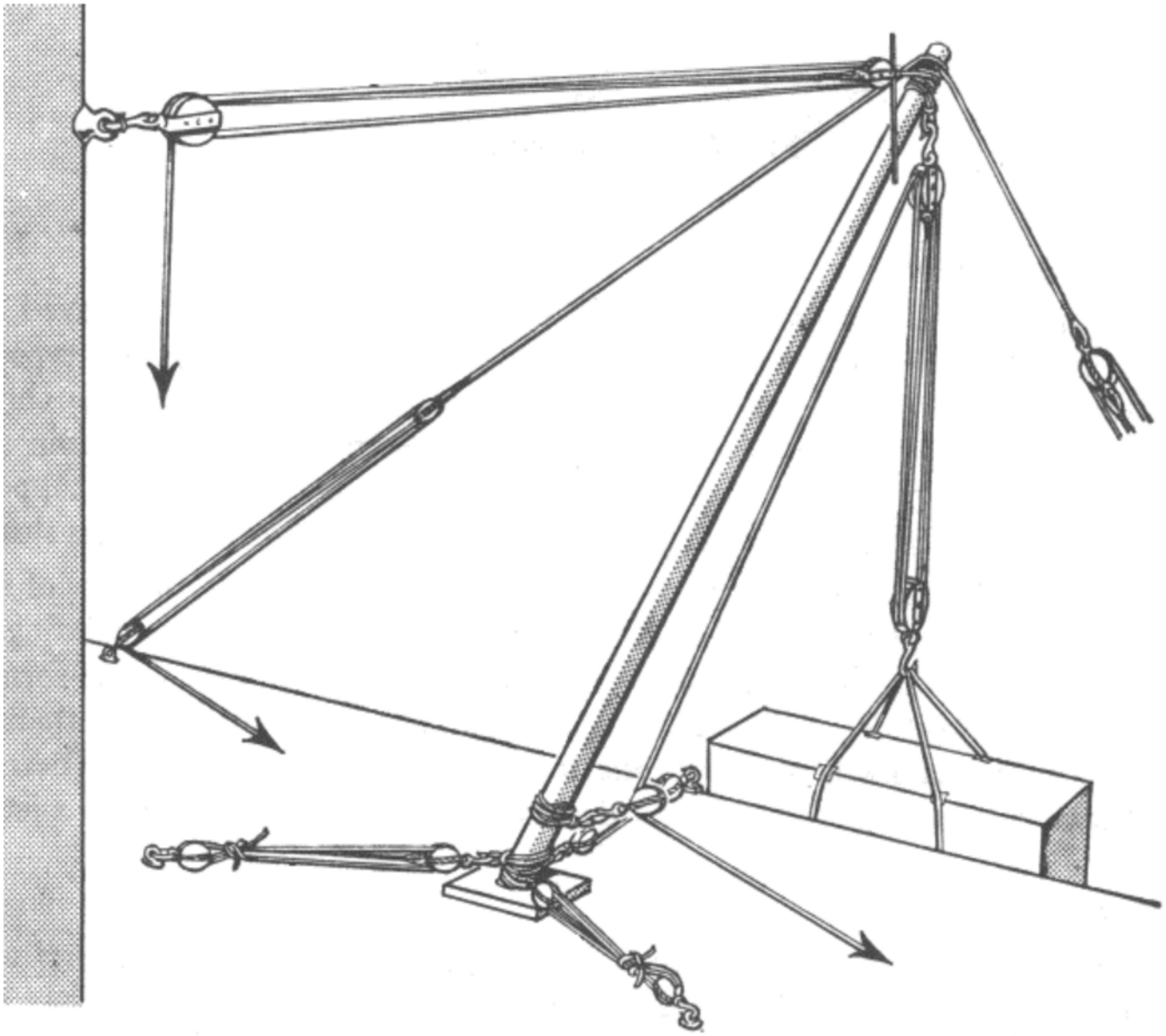
STANDING DERRICK



Royal Navy, Admiralty Manual of Seamanship, Her Majesty's Stationery Office (p. 195)

Figure F-1 Standing Derrick

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SEQUENCE FOR STATION 3 – OPERATING A STANDING DERRICK



The standing derrick will be positioned with the topping lift checked away and the head of the derrick on the ground. The main purchase is slackened to allow the running block to be hooked onto the load before the derrick is raised.

The following sequence will be followed by each group for Station 3:

1. hook on the load (hook must be moused – five points;
2. respond to the following commands – five points each:
    a. heave in topping lift;
    b. avast;
    c. heave in main purchase;
    d. avast;
    e. heave in topping lift, check away guys;
    f. avast;
    g. heave in port guy, check away starboard guy;
    h. avast;
    i. heave in starboard guy, check away port guy;
    j. avast;
    k. check away main purchase;
    l. avast; and
3. unhook the load – five points.

SAFETY INFRACTIONS

1. Not wearing a hard hat.
2. Not wearing issued cadet boots.
3. Running.
4. Horseplay.
5. Walking with an open knife.
6. Stepping over tackles under tension.
7. Putting a hand through tackles when choking.
8. Putting hands/fingers on a block when the tackle is under tension.

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STANDING DERRICK SCORESHEET

Group	Overall Time/Points Conversion From Station 1 & 2 (Substracted From 1000)	Points for Operating the Standing Derrick From Station 3 (35 point maximum)	Penalties (-)	Total Score
Example	4 min, 20 sec = 420 1000 - 420 = 580	35	5	610

Notes:

1. The overall time will be converted into points and subtracted from 1000. For example, a time of 4 minutes and 20 seconds will be converted to 1000 minus 420 points, to give a score of 580.
2. While operating the standing derrick, five points will be given for every command followed properly.
3. Penalties will be issued as follows:
   a. 5 points for every incorrectly labelled part at Station 1,
   b. 25 points if mousing comes off too easily, and
   c. 50 points for every safety infraction (IAW Annex G) while operating the standing derrick.
4. The total score will be the points for the overall time plus the points for operating the sheers, minus any penalties.

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PARTS CARDS – GYN

SPLAY TACKLE	**SHOE**
STROP	**HEAD LASHING**
MAIN PURCHASE	**LEADING BLOCK**
SPAR	**THUMB PIECE/ ROPE COLLAR**

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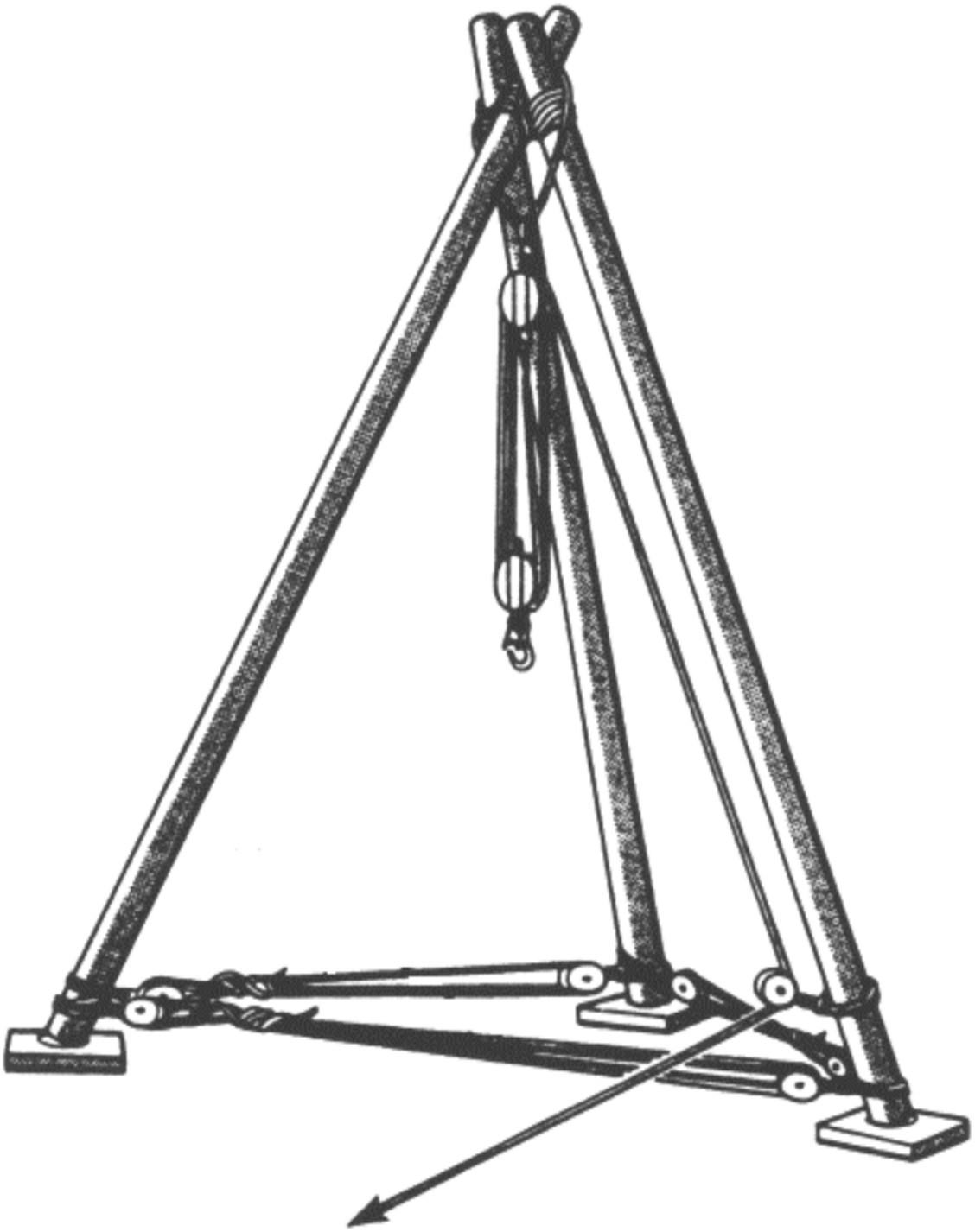
ASSEMBLED GYN



Royal Navy, Admiralty Manual of Seamanship 1967 (Vol. 2), Her Majesty's Stationery Office (p. 198)

Figure J-1 Assembled Gyn

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SEQUENCE FOR STATION 3 – OPERATING A GYN



The gyn will be fully rigged with the main purchase checked away to allow the running block to be hooked onto the load.

The following sequence will be followed by each group for Station 3:

1. hook on the load (hook must be moused) – five points;
2. respond to the following commands – five points each:
    a. heave in main purchase;
    b. avast;
    c. secure main purchase;
    d. check away main purchase;
    e. avast; and
3. unhook the load – five points.

SAFETY INFRACTIONS

1. Not wearing a hard hat.
2. Not wearing issued cadet boots.
3. Running.
4. Horseplay.
5. Walking with an open knife.
6. Stepping over tackles under tension.
7. Putting hand through tackles when choking.
8. Putting hands/fingers on a block when the tackle is under tension.

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GYN SCORESHEET

Group	Overall Time/Points Conversion	Points for Operating the Gyn (35 point maximum)	Penalties (-)	Total Score
Example	4 min, 20 sec = 420 1000 - 420 = 580	35	5	610

Notes:

1. The overall time will be converted into points and subtracted from 1000. For example a time of 4 minutes and 20 seconds will be converted to 1000 minus 420 points, to give a score of 580.
2. When operating the gyn, five points will be given for every command followed properly.
3. Penalties will be issued as follows:
   a. 5 points for every part incorrectly labelled at Station 1,
   b. 25 points if mousing comes off too easily, and
   c. 50 points for every safety infraction (IAW Annex K) while operating the gyn.
4. The total score will be the points for the overall time plus the points for operating the gyn, minus any penalties.

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ALTERNATIVE METHOD FOR MAKING A MONKEY'S FIST

EQUIPMENT LIST

- 4 mm (3/16 inch) diameter line (cord),
- Corkboard or cardboard square,
- Straight pins,
- 25 mm (1 inch) diameter wooden or cork ball,
- Tape,
- Cutting tool, and
- Monkey's fist pattern.

KNOT WEAVING

Introduction

As knots become more complicated, it becomes difficult to keep track of where cords are to be woven. One method of weaving intricate knots is the use of a knot-weaving board. The board consists of wood, cork or cardboard that allows a knot pattern to be affixed by pins or nails. The cord is woven around the pins following a given pattern which indicates the direction and where cords will cross under or over each other. The pins maintain the desired shape of the knot until it is complete.

Knot Patterns

To make knot weaving easier, a series of arrows, dots, circles, lines and numbers are used on the knot patterns. They are as follows:

- An outlined arrow with the word "START" indicates the starting position and the initial direction for laying the cord.
- The numbers are placed at alternate crossings on the diagram and are to be followed consecutively during the weaving process.
- A circle at a crossing indicates an underpass of a cord already there.
- A crossing with no circle indicates an overpass of a cord already there.
- A feathered arrow indicates the end of the pattern.
- Small dots on the pattern indicate the turning points and the placement of pins.

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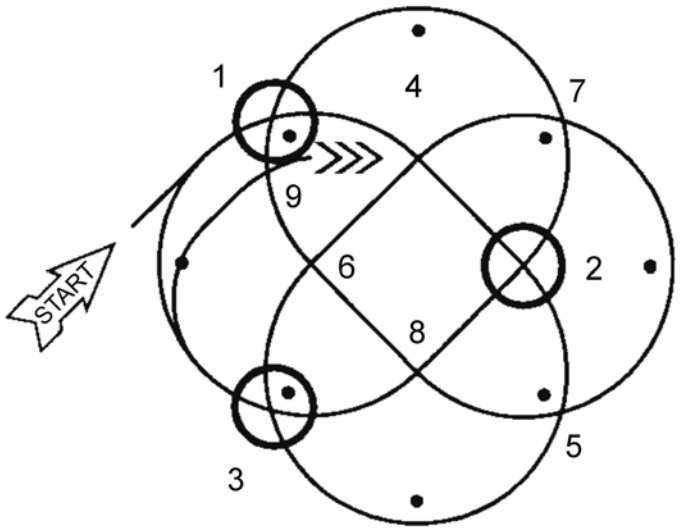
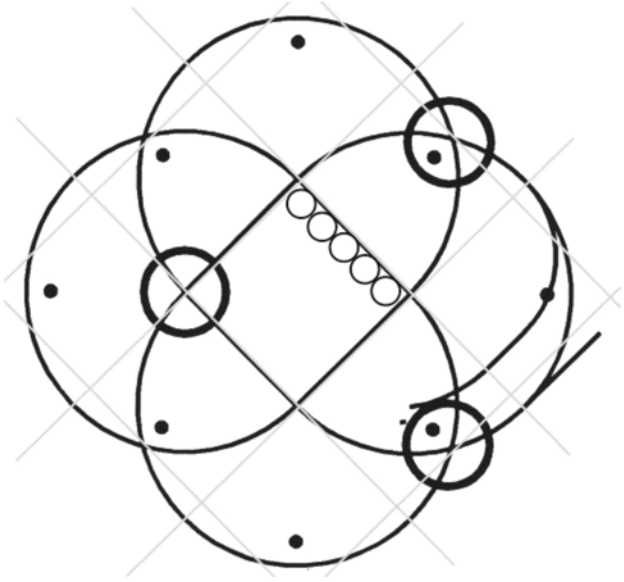


D. Fukuhara, Fancy Knotting: An Introduction, David Fukuhara (p. 11)

Figure M-1 Typical Knot Pattern

Scaling a Pattern

Each knot pattern is drawn on a square grid. This allows for visualization of the knot pattern and easy identification of which crossover points are overpasses and which are underpasses.



Director Cadets 3, 2007, Ottawa, ON: Department of National Defence

Figure M-2 Pattern Grid

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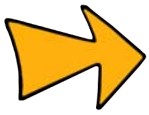
Diameter of Cord	Length of Square's Side*
4 mm (3/16 inch)	20 mm (3/4 inch)
6 mm (1/4 inch)	30 mm (1 1/4 inch)
9 mm (3/8 inch)	45 mm (1 7/8 inch)
12 mm (1/2 inch)	60 mm (2 1/2 inch)
*This chart is based on a three-lead pattern. To change the number of leads in the pattern, add or substract a cord diameter from the square's side measurement accordingly.	

Director Cadets 3, 2007, Ottawa, ON: Department of National Defence

Figure M-3 Pattern Scaling Chart

You can use the pattern for different sizes of line by scaling the size of the squares. The sides of squares should be roughly five cord diameters in length. The following guide may be used:



The term "lead" refers to a cord that follows the knot pattern to completion. For example, a three-lead knot has the cord following the pattern to completion three times.

Length of Cord

The length of cord required to weave the knot can be determined before weaving. With the pattern on the knot-weaving board, put a pin at each turning point. Pin one end of the uncut cord at the starting point. Lay the cord on the pattern following the numbers from start to finish ignoring the underpasses. Mark this length with a piece of tape. After removing the cord, cut a length of cord equal to three times this measurement and add 30 cm (12 inches). The extra length will allow for hiding the ends in the middle of the knot.

STEPS FOR MAKING A MONKEY'S FIST



Hand out the monkey's fist pattern located at Annex N to each cadet.

1. Cut out the monkey's fist pattern located at Annex N.

2. With the pattern on a knot-weaving board, put a straight pin at each turning point (as illustrated in Figure M-4).

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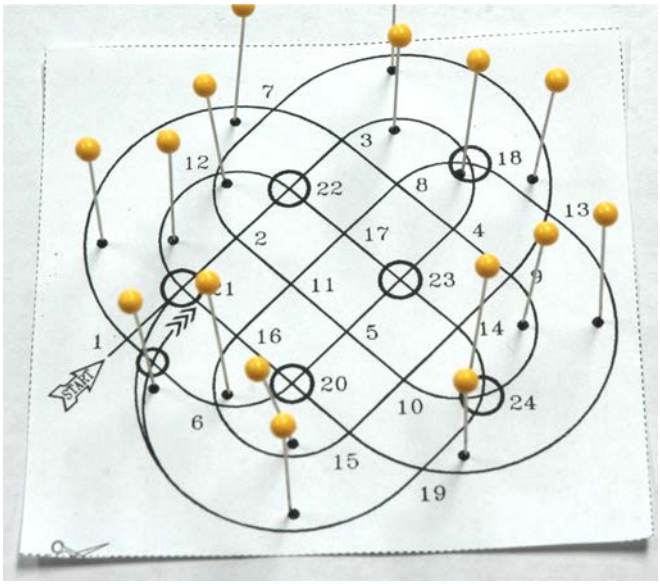

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Figure M-4 Step 2

3. Lay the cord onto the pattern following the numbers from start to finish ignoring the underpasses (as illustrated in Figure M-5). Mark the one-third position and remove the cord from the pattern. Cut the cord to a length equal to three times the one-third length plus 30 cm (12 inches).

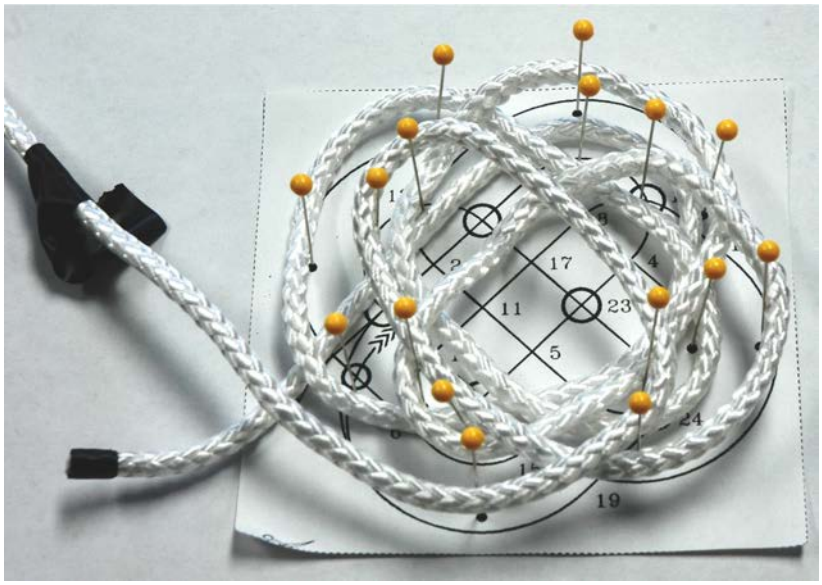

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Figure M-5 Step 3

4. Pin the cord's one-third position onto the outlined arrowhead at the starting point (as illustrated in Figure M-6).

5. Lay the shorter length of cord onto the pattern following the numbers. At the turns, lay the cord around the pins and continue (as illustrated in Figure M-6). Pay attention to the underpasses at crossings with circles.

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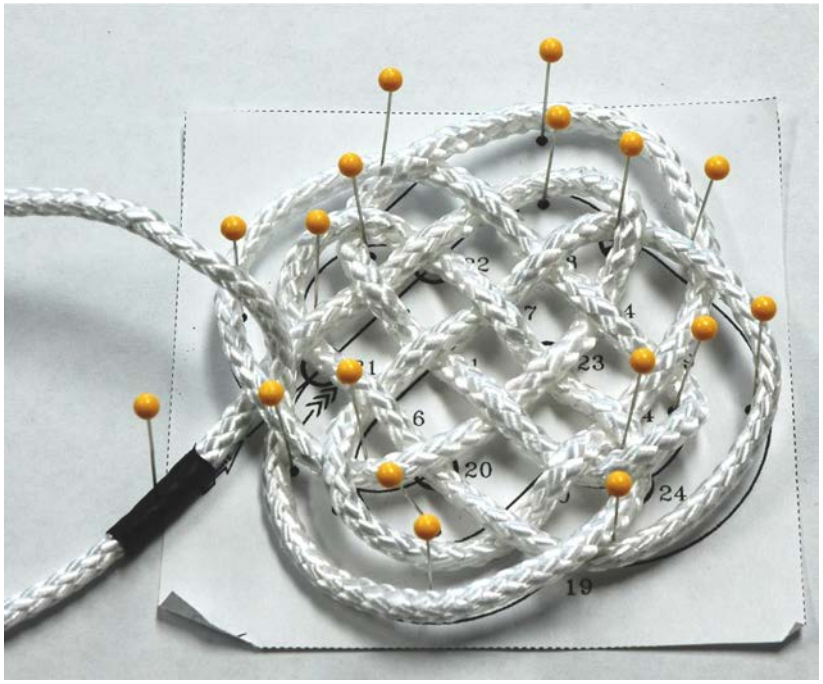

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Figure M-6 Steps 4 and 5

6. When the cord is back to crossing number 1, the initial weaving sequence is complete. Check to ensure that the over and under sequence has been maintained from start to finish.

Any errors must be corrected now.

Once the initial lay of cord is complete, the pattern is no longer required.

7. Lay the remaining two-thirds of the cord following the previously laid cord in the opposite direction (as illustrated in Figure M-7).

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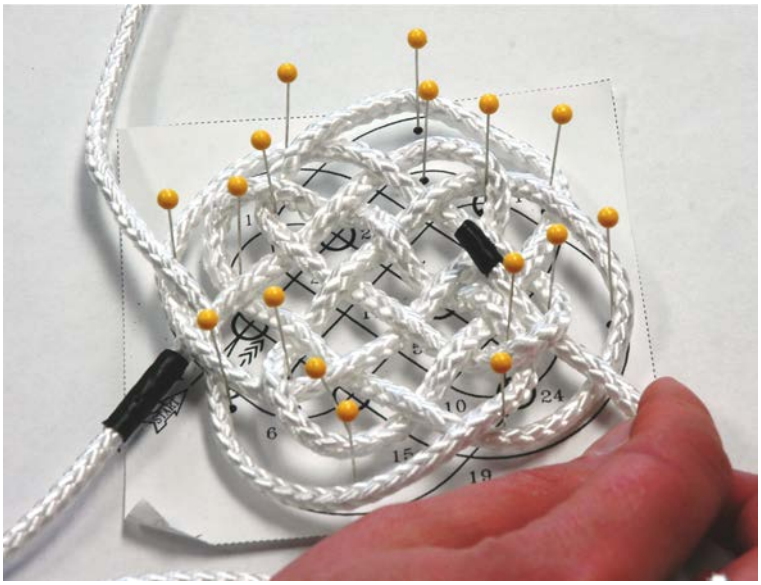

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Figure M-7 Step 7

Weaving may be done on the board or by hand after removing the pins.

8. Continue until you have the correct number of leads required (as illustrated in Figure M-8).



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Figure M-8 Step 8

9. After the weaving is complete, the slack must be taken out in small increments. The first part of the tightening is done without the cork or wooden ball inside (as illustrated in Figure M-9).

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Figure M-9 Step 9

10. Once the original opening begins to close, insert the cork or wooden ball (as illustrated in Figure M-10). The knot should be moulded around the ball in a circular motion using the palms of the hands until the original opening is no longer evident.



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Figure M-10 Step 10

11. Use a small fid or something pointed to pick and pull each cord into a firm tension.

When the last parts of the cord are tensioned, there is a tendency for the loose loop of cord to twist as it passes through the tightened sections. To prevent this twisting, maintain tension on the loop in one hand as the cord is drawn through, until it can no longer be easily grasped. The short loop should tuck in with little or no twist in it.

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12. To finish the knot, the ends of the cord can be tied together to form a loop to attach to a heaving line. If the knot was tied on the end of a heaving line, lay the smaller end alongside the heaving line, whip them together for a short distance and cut off the excess (as illustrated in Figure M-11).



As this monkey's fist is constructed using the weaving method, the ends will not exit the knot from the same location.



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Figure M-11 Step 12

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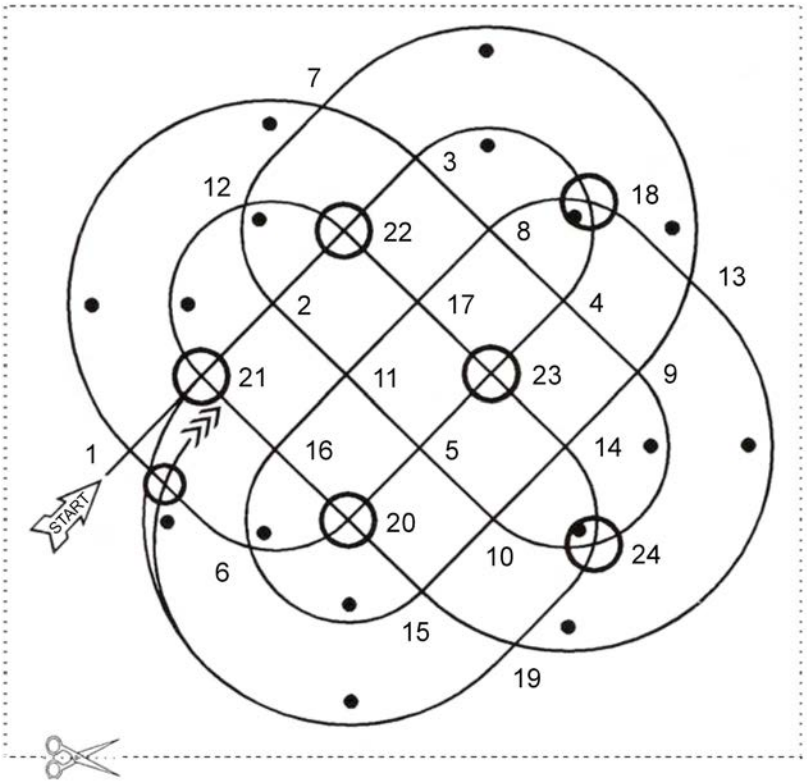
MONKEY'S FIST PATTERN



D. Fukuhara, Fancy Knotting: An Introduction, David Fukuhara (p. 42)

Figure N-1 Monkey's Fist Pattern

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ALTERNATIVE METHOD FOR MAKING A TURK'S HEAD

EQUIPMENT LIST

- 4 mm (3/16 inch) diameter line (cord),
- 40 mm (1 1/2 inch) thick foam,
- Straight pins,
- Paper clip,
- Transparent tape,
- Glue,
- Cutting tool, and
- Turk's head pattern.

KNOT WEAVING – CYLINDER METHOD

Introduction

As knots become more complicated, it becomes difficult to keep track of where cords are to be woven. One method of weaving intricate knots is the use of a knot-weaving cylinder. The cylinder consists of a rolled up piece of foam that allows a knot pattern to be affixed using tape or pins. The cord is woven around the pins following a given pattern, which indicates direction and where cords will cross under or over. The foam and pins maintain the desired shape of the knot until it is complete.

Knot Patterns

To make knot weaving easier, a series of arrows, dots, circles, lines and numbers are used on the knot patterns. They are as follows:

- An outlined arrow with the word "START" indicates the starting position and the initial direction for laying the cord.
- The numbers are placed at alternate crossings on the diagram and are to be followed consecutively during the weaving process.
- A circle at a crossing indicates an underpass of a cord already there.
- A crossing with no circle indicates an overpass of a cord already there.
- A feathered arrow indicates the end of the pattern.
- Small dots on the pattern indicate the turning points and the placement of pins.
- Two arrowheads at each end of the diagram aid in the alignment.

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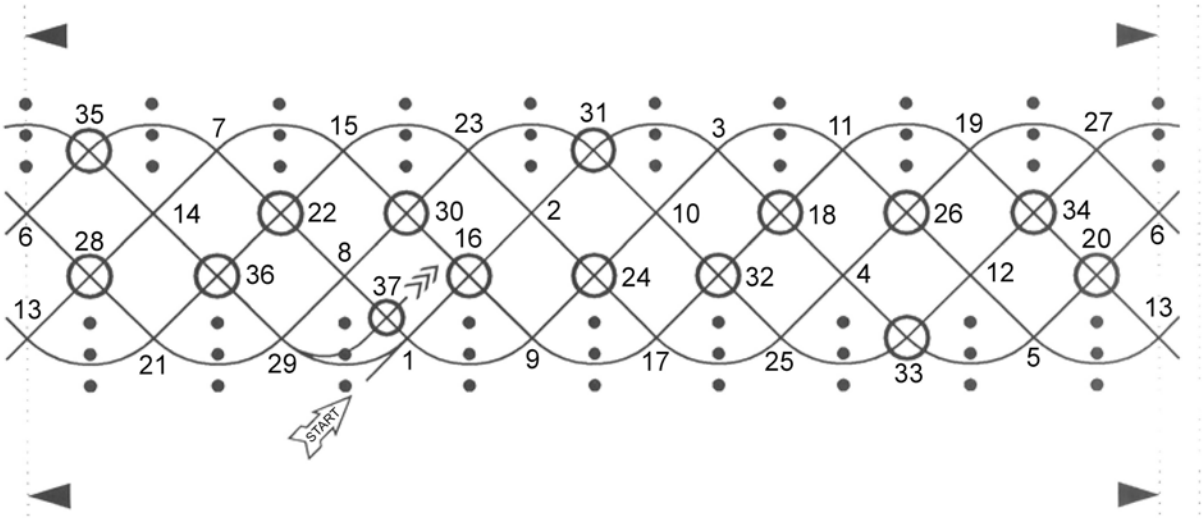

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Figure O-1 Typical Knot Pattern–Cylinder Method

Scaling a Pattern

Each knot pattern is drawn on a square grid. This allows for visualization of the knot pattern and easy identification of which crossover points are overpasses and which are underpasses.

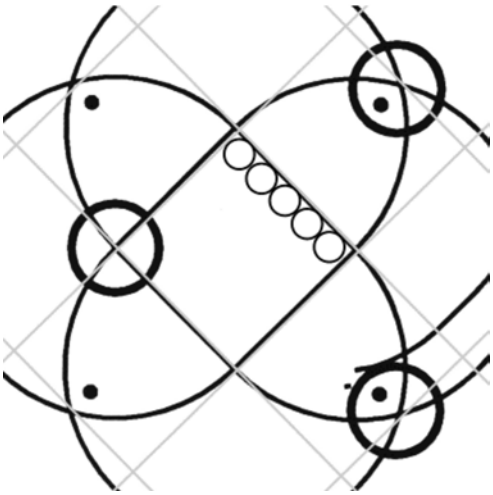

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Figure O-2 Pattern Grid

By scaling the size of the squares, you can use the pattern for different sizes of line. The sides of the squares should be roughly five times the diameter of the cord. The following guide may be used:

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Diameter of Cord	Length of Square's Side*
4 mm (3/16 inch)	20 mm (3/4 inch)
6 mm (1/4 inch)	30 mm (1 1/4 inch)
9 mm (3/8 inch)	45 mm (1 7/8 inch)
12 mm (1/2 inch)	60 mm (2 1/2 inch)
*This chart is based on a three-lead pattern. To change the number of leads in the pattern, add or substract a cord diameter from the square's side measurement accordingly.	

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Figure O-3 Pattern Scaling Chart

The term "lead" refers to a cord that follows the knot pattern to completion. For example, a three-lead knot has the cord following the pattern to completion three times.

Length of Cord

The length of cord required to weave the knot can be determined before weaving. With the pattern on the knot-weaving cylinder, put a pin at each turning point. Pin one end of the uncut cord at the starting point. Lay the cord on the pattern following the numbers from start to finish ignoring the underpasses. Mark this length with a piece of tape. After removing the cord, cut a length of cord equal to three times this measurement and add 30 cm (12 inches). The extra length will allow the ends to be hidden in the middle of the knot.

STEPS FOR MAKING A TURK'S HEAD



Hand out the turk's head pattern located at Annex P to each cadet.

The turk's head pattern used for this lesson will make a decorative bracelet that can be worn around the wrist. The turk's head may also be used to decorate a cylindrical object by placing it over the end of the object and heaving each lead taut.

1. Cut out the turk's head pattern located at Annex P. Ensure that the pattern is cut out on the outside dotted line, leaving room for the pattern to overlap.

2. Using transparent tape, join the points of the arrowheads on the pattern together so that the pattern forms a cylinder (as illustrated in Figure O-4).

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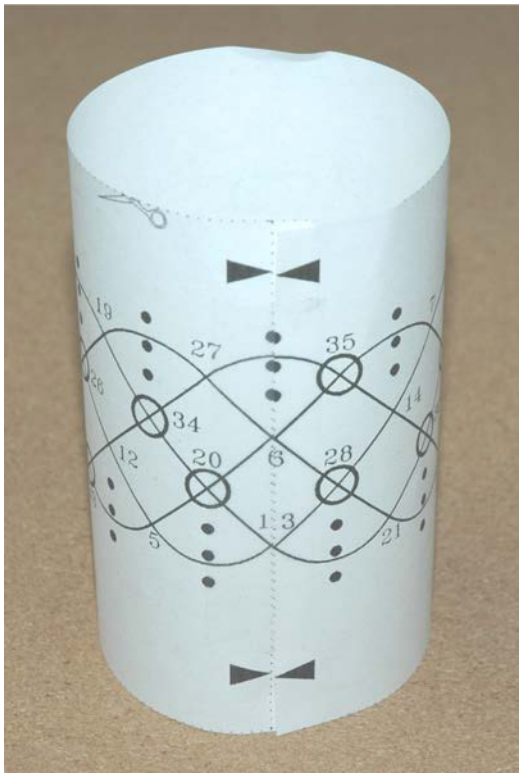

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Figure O-4 Step 2

3. Roll up a piece of foam and insert it into the pattern cylinder created in Step 2. Allow the foam to expand inside the pattern cylinder (as illustrated in Figure O-5).

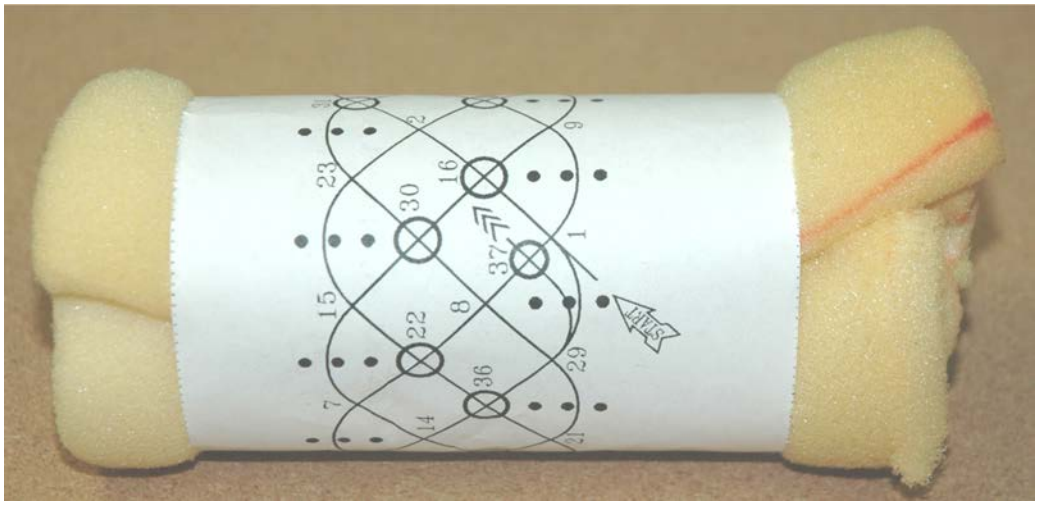

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Figure O-5 Step 3

If a larger piece of foam can be forced into the pattern cylinder, the foundation for making the turk's head will be firmer.

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4. Insert straight pins through the dots printed on the pattern (as illustrated in Figure O-6). Leave 13 mm (1/2 inch) of each pin protruding to hold the cord in place as the turk's head is made.

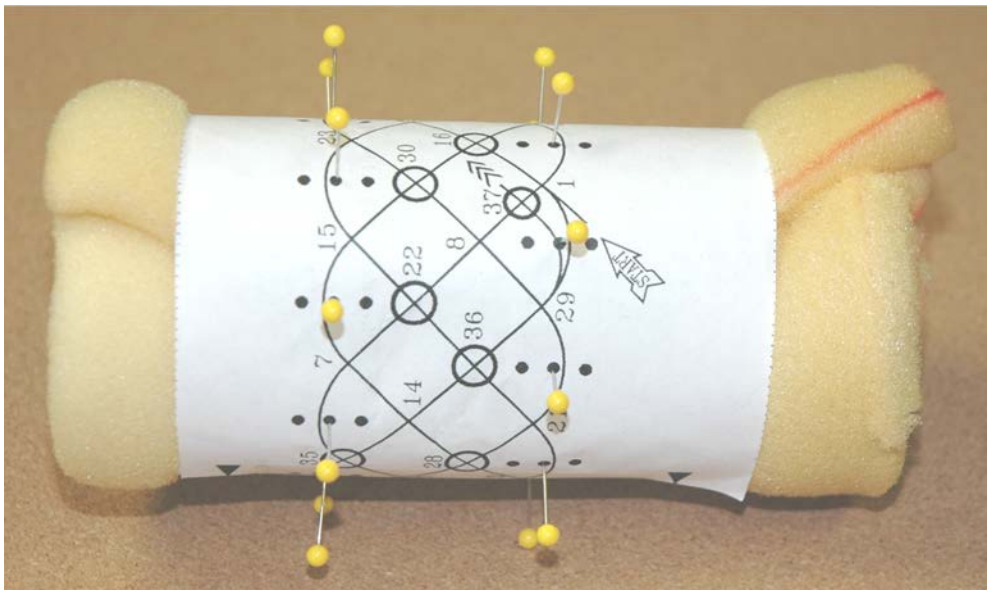

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Figure O-6 Step 4

There are three rows of dots on the turk's head pattern, located at Annex P, that are used for making different sized turk's heads. The outer row is used to make a larger diameter turk's head and the inner row is used to make a smaller one.

5. Lay the cord onto the pattern following the numbers from start to finish ignoring the underpasses (as illustrated in Figure O-7). Mark the one-third position and remove the cord from the pattern. Cut the cord to a length equal to three times the one-third length plus 30 cm (12 inches).

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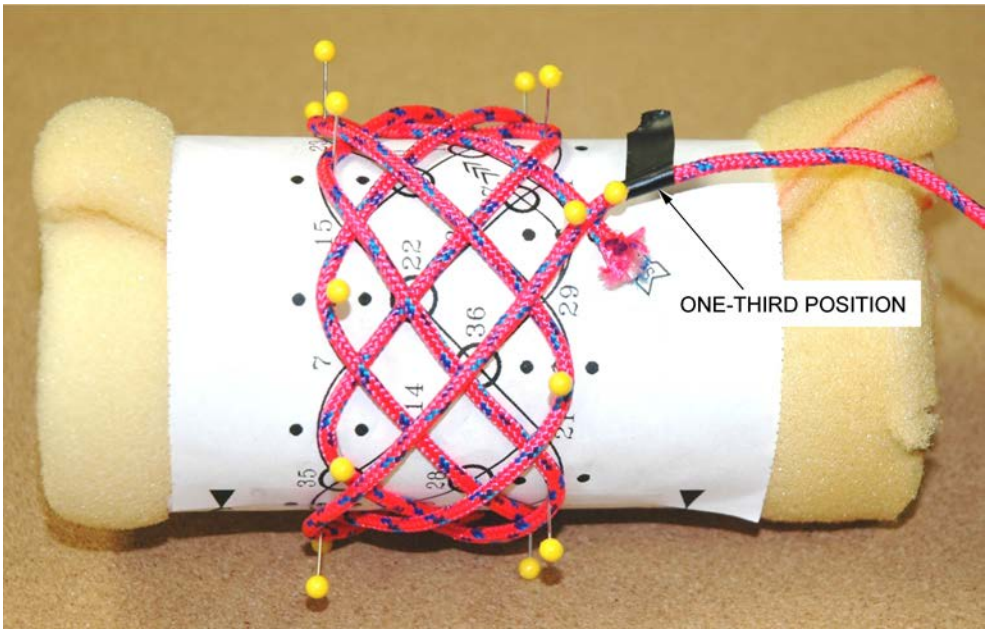

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Figure O-7 Step 5

6. Pin the cord's one-third position onto the outlined arrowhead at the starting point and wrap the one-third length around the blank portion of the cylinder (as illustrated in Figure O-8). Pin this one-third length to the cylinder to keep it neat for later use.

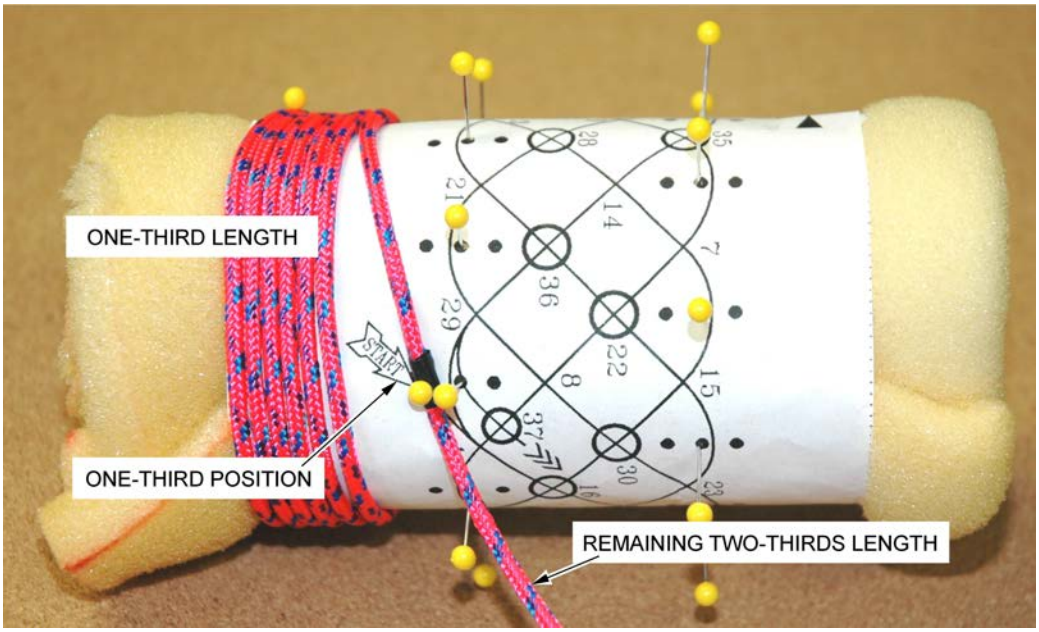

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Figure O-8 Step 6

7. Bend a paper clip to make a weaving needle (as illustrated in Figure O-9) and attach to the working end of the longer length of cord (the two-thirds length).

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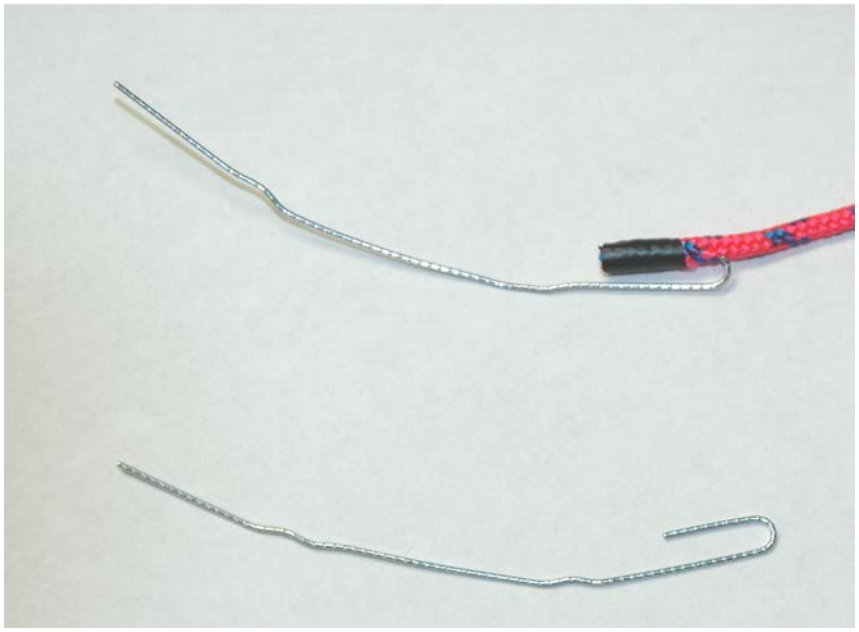

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Figure O-9 Step 7

8. Lay the longer length of cord (the two-thirds length) onto the pattern following the numbers. At the turns, lay the cord around the pins and continue. Use the weaving needle to pass the cord under any previously-laid cords at a circled crossing (as illustrated in Figure O-10).

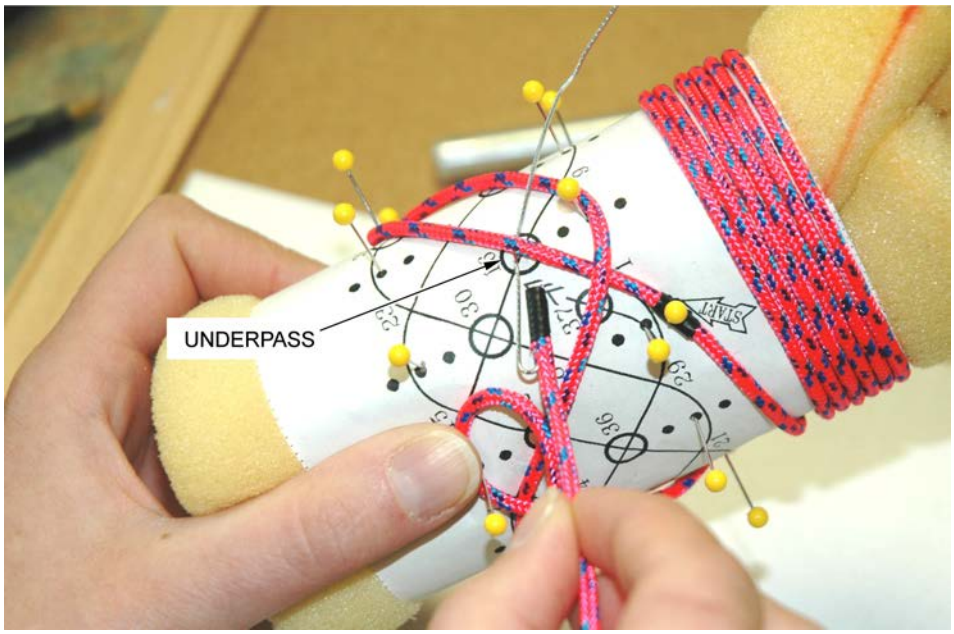

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Figure O-10 Step 8

9. When crossing number 37 is reached, check the weaving for any errors.

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Correct any errors before proceeding to the next step.

10. Continue laying the cord side by side to the initial cord (as illustrated in Figure O-11) following it under or over at the crossings. When the cord reaches a turn and must pass on the inside of its arc (between the initial cord and a pin), remove the pin, lay the new cord beside the initial cord and re-insert the pin inside the new arc (as illustrated in Figure O-12). Moving the pin will maintain the overall shape of the turk's head.

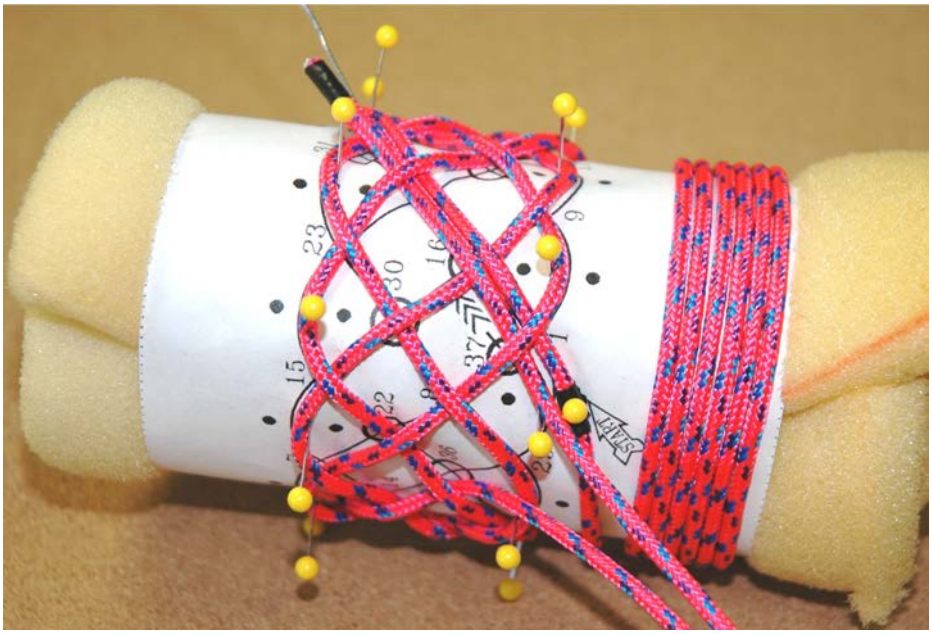

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Figure O-11 Step 10

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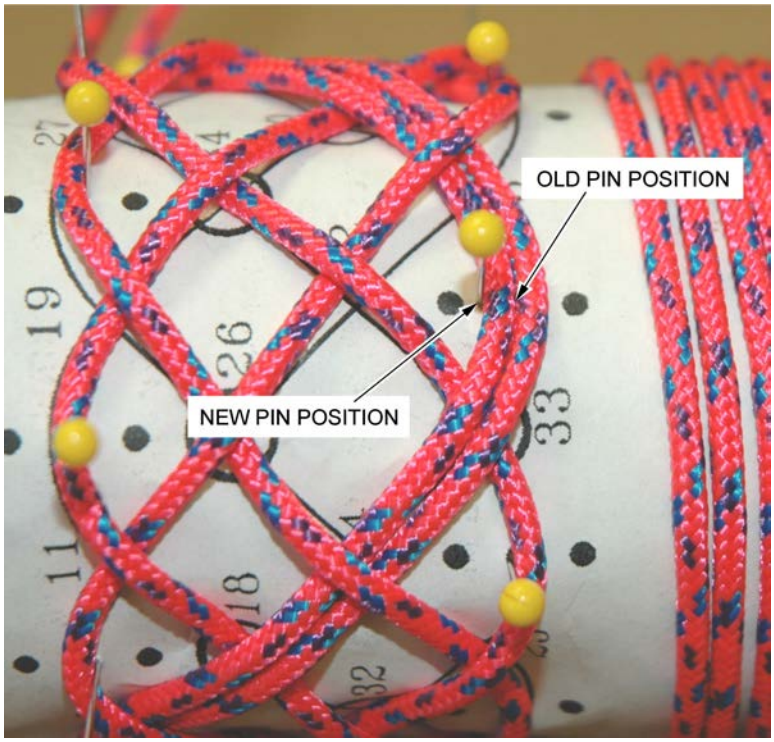

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Figure O-12 Moving a Turn Pin

Crossing number 37 on the pattern located a Annex P, is the same as crossing number 1.

11. When the cord is back to the start, undo the one-third length that was wound around the cylinder in Step 6. and lay it side-by-side to the cords previously laid but in the opposite direction (as illustrated in Figure O-13). Ensure that pins are moved on the inside arc of the turns (as illustrated in Figure O-12).

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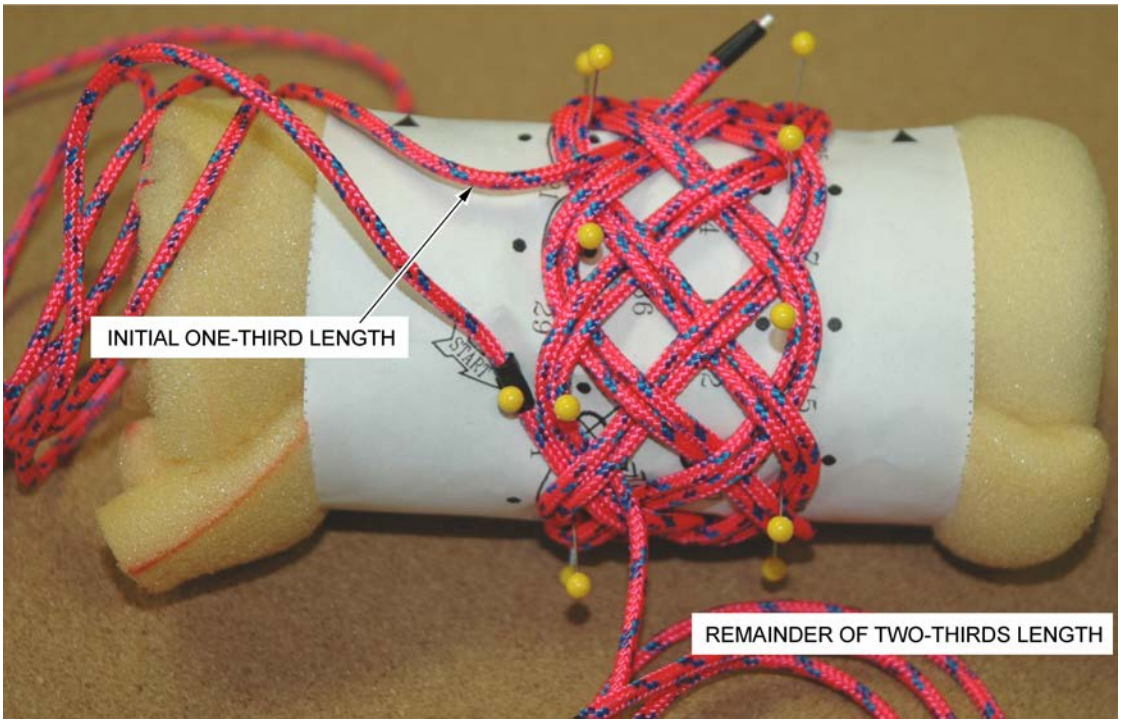

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Figure O-13 Step 11

12. When the turk's head shows three cords side-by-side everywhere, the weaving is complete. Remove the pins from the pattern and slide the turk's head from the cylinder. Ensure that the ends meet inside the turk's head and not on the outer rim (as illustrated in Figure O-14).



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Figure O-14 Step 12

13. To finish the turk's head, the cord can be glued to its adjacent cord for a length equal to four times the diameter of the cord and the excess cord can be trimmed (as illustrated in Figure O-15).

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Figure O-15 Step 13

An alternative to finishing the turk's head is to sew the cord to its adjacent cord for a length equal to four times the diameter of the cord and then trim the excess.

14. The turk's head bracelet is now complete and ready to wear (as illustrated in Figure O-16).



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Figure O-16 Finished Turk's Head Bracelet

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TURKS HEAD PATTERN

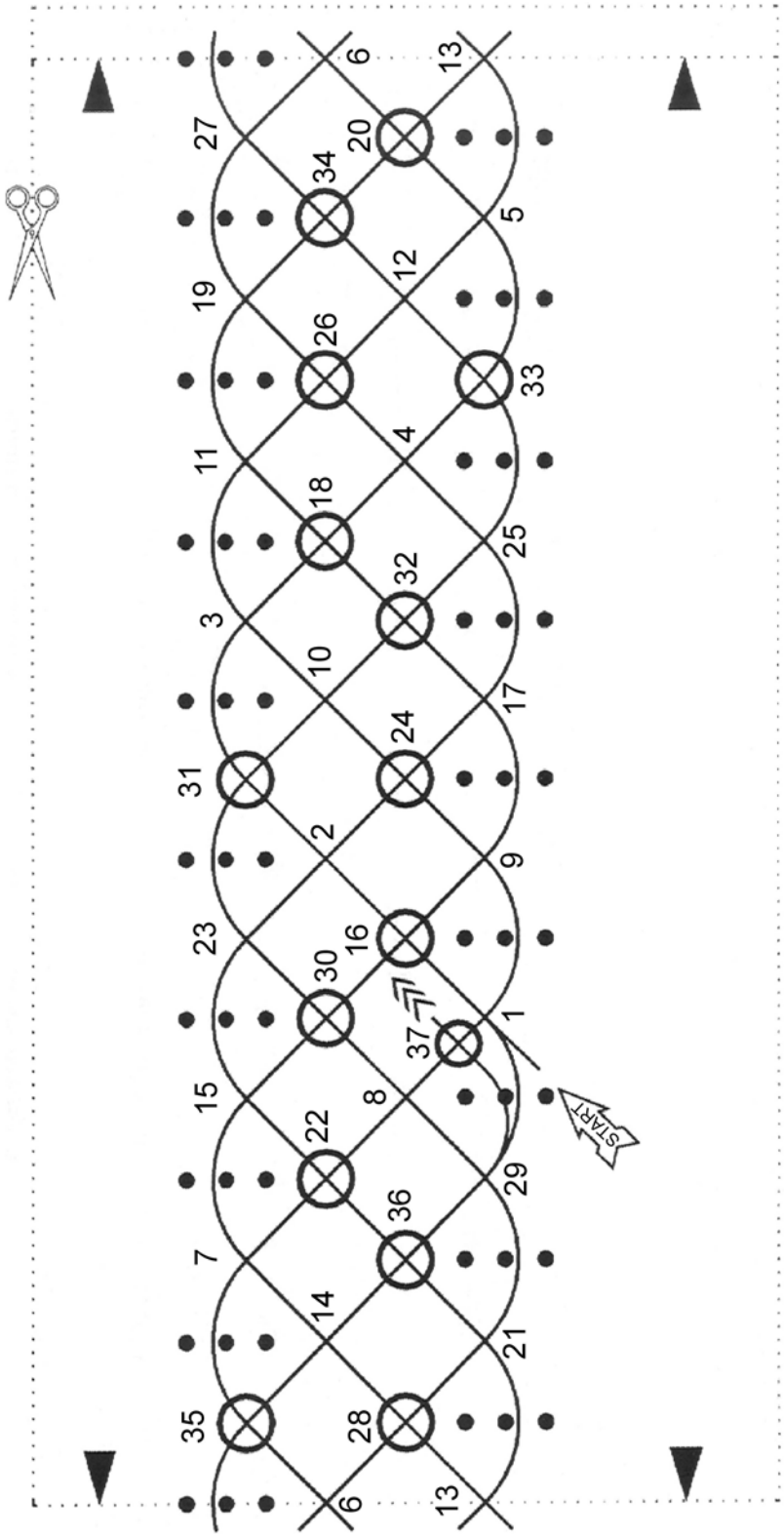

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Figure P-1 Turk's Head Pattern

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